

PARENT EDUCATION CALENDAR
BLAKE SCHOOL: 2009-10



Offered by the *STUDENT SERVICES DEPARTMENT* of the Blake School

Department Chair

Kevin O'Connor

Counselors

Jon Halpern (LS)

Kevin O'Connor (MS gr. 7)

Jeanette Gadeberg (MS gr. 6,8)

Erin Adams (US)

Learning Specialists

Jane Johnson (LS Highcroft)

Deb Maurer (LS Hopkins)

Kaari Simonson (MS)

Marilyn Marn (US)

* Tues., 9/15 8:00 – 9 a.m. Cherne Forum

9th Parents and Students new to Blake

Ready, Set, Go Learn study tips and organizational strategies for navigating academic life at the upper school. Discuss parenting strategies that support students' independent school success skills. Hear some helpful hints from the Learning Specialist and Counselor for a successful transition to the Upper School.

* Mon., 9/21 8:45 – 10 a.m. PCR

Lower School Parents

Ready, Set, Go What you can do at home to help your child be successful at school with organization and homework.

* Thurs., 9/24 8:45 – 10 a.m. PCR

Middle School Parents

Ready, Set, Go All those different teachers! No more "Friday Folders! Yikes! What's a parent to do? Helpful things you can do at home to insure your child makes a successful transition to middle school.

* Tues., 9/29 6:15 p.m. – 8 p.m. MS Library

Middle School Parents

Connecting Girls and Moms (or another woman in her life). Girls and moms talking together about girls and friendship.

* Wed., 9/30 8:45 – 10 a.m. PCR

Hopkins Lower School Parents

How's It Going? Become familiar with The Blake Lower School experience for your child in grades 1-5 who is new to Blake at the Hopkins campus. Take a tour, have your questions answered, and meet school personnel.

* Thurs. 10/1 8:45 – 10 a.m. PCR

Middle School Parents

Get Ready for Changes Some would reasonably argue that more changes occur during the ages 10-15 than at any other time in human development. What's "normal" and what's not in terms of physical, social, emotional, psychological, and intellectual development? A combination of presentation and discussion will form the core of this workshop.

* Mon., 10/5 8:45 – 10 a.m. HC Mtg. Room

Highcroft Lower School Parents

How's It Going? Become familiar with The Blake Lower School experience for your child in grades 1-5 who is new to Blake at the Highcroft campus. Take a tour, have your questions answered, and meet school personnel.

* Wed. 10/28 8:45 – 10 a.m. PCR

Lower School Parents

Lower School kids, Alcohol and Other Drugs Staying ahead of the curve with prevention vs. the damage control of later years. What messages the culture is sending...disputing them...age appropriate conversations to have.

* Wed. 11/4 8:45 – 10 a.m. PCR

PK-12 Parents

ADHD or Psychobabble? What is ADHD and how is it different from typical "fidgety" behavior? The signs, current brain research, and the supportive protocols and processes at Blake all will be discussed. Blake's team of Learning Specialists will present information and facilitate this important discussion.

* Wed. 11/18 11-12:30 p.m. Bovey

Middle and Upper School Parents

Should I Be Concerned? Adolescent Depression and Anxiety Disorders Learn from our middle and upper school counselors about depression and anxiety disorders among teens including signs and symptoms, rates of incidence, myths and stereotypes, how to differentiate teen vs. adult depression or anxiety, treatment and prognosis, and when and how to get help.

* Wed. 11/18 7 – 9 p.m. PCR

Grade Five Parents

Grade 5 Parent Communication Workshop The importance of parent-to-parent communication in an “it takes a village” culture...tips on effective methods for sharing information among parents aimed at keeping everyone’s children healthy and safe.

* Wednesday, 12/2 8:45 – 10 a.m. PCR

Lower, Middle, and Upper School Parents

Strategies to Enhance Executive Functioning Skills We’ll begin with a brief overview of Executive Functioning and quickly move to discussing some specific strategies chosen to help students at lower, middle, and upper School levels. Presented by Blake’s team of Learning Specialists.

* Tues. 1/12 8:45 – 10 a.m. PCR

Lower, Middle, and Upper School Parents

Parental Self-Care Being a parent is hard work. It’s important to take care of one’s self to maintain adequate physical and mental health to optimally and effectively parent our children. Student Services staff will guide this conversation and offer helpful tips.

* Thurs. 1/28 7 – 9 p.m. PCR

Grade One Parents

Grade 1 Parent Communication Workshop An opportunity to develop parent-to-parent lines of communication as you embark upon the Lower School journey. How to enter into conversations with other parents now when the stakes are significantly lower than in the coming years.

* Tues. 5/18 8:45 – 10 a.m. PCR

Middle School Parents

Lower School to Middle School Transition Workshop Take advantage of this opportunity for parents of fifth graders to foster a smooth transition to middle school. The middle school learning specialist and counselor will facilitate the conversation and answer parent questions.

NOTE: The following two “Groups” are open to parents from all divisions:

* ***Support Group for Parents of children with learning differences/disabilities.***

W	9/23	8:45 – 10 a.m.	Northrop, Cherne Forum
M	10/19	8:45 – 10 a.m.	Hopkins, PCR
W	11/18	8:45 – 10 a.m.	Highcroft, Mtg. Room
M	1/25	8:45 – 10 a.m.	Hopkins, PCR
W	2/24	8:45 – 10 a.m.	Hopkins, PCR
M	4/19	8:45 – 10 a.m.	Highcroft, Mtg. Room
W	5/19	8:45 – 10 a.m.	Hopkins, PCR

* ***Fathers’ Group*** Dads talking about the joys and challenges of “fathering.”

10/7	7:30 – 8:30 a.m.	PCR
12/9	7:30 – 8:30 a.m.	PCR
2/10	7:30 – 8:30 a.m.	PCR
4/21	7:30 – 8:30 a.m.	PCR
5/26	7:30 – 8:30 a.m.	PCR

* **Book Discussion Series:** Join other parents across the grade levels to discuss parenting books that are thought provoking, loaded with helpful scenarios to illustrate their main points, and guaranteed to get your attention. Open to parents in all three divisions. Anticipate some lively discussion and debate as we discuss the following three books:

Mon. 11/23 8:45 - 10 a.m. PCR

Boys Adrift: The Five Factors Driving the Growing Epidemic of Unmotivated Boys and Underachieving Young Men, by Leonard Sax. The title captures the essence of this one and it is a book many would offer is a parent "must read." Don't have a boy? Might be good to help you explain/understand "Why does he act like that?"

* Tues. 1/19 8:45 - 10 a.m. PCR

Odd Girl Out: The Hidden Culture of Aggression in Girls by Rachel Simmons. Often indirect and unnoticeable but ever so painful, this "culture of aggression" is examined by Simmons through the voices of girls and women. Its harmful and long-lasting effects are discussed as well as some helpful suggestions for how to change things in the book's final chapter, *The Road Ahead*.

* Wed. 2/17 11:30 a.m. - 1:00 p.m. Cherne Forum (Upper School)

Mindset: The New Psychology of Success, by Carol Dweck. Do you have a fixed amount of intelligence? Or are you a work in progress? Do our students see themselves as invested in the learning process, or are grades a testament to their self-worth? "If I have to put forth a lot of effort in school, does that mean I am not as naturally smart as I thought I was?" Bring your "growth mindset" to the book and join us for a lively discussion that is likely to challenge how school and grades are viewed in relation to effort, intelligence and "success."

* ***Alcohol, and Other Drugs Prevention Series (Three part series)***

Using the very informative Community of Concern's booklet on this topic, members of Blake's counseling staff will share information about what seems to work/not work when guiding our sons and daughters through the world of adolescent alcohol and other drug use. We'll examine the emerging science regarding alcohol and the adolescent brain, analyze some common parent/child scenarios, discuss helpful parent responses, and suggest some social guidelines, all in the interest of partnering to keep our children safe. Community of Concern booklets will be available for those who need them.

Three Dates for series: Thurs.10/22;

Thurs. 12/10; Thurs. 3/11

11:30 a.m. – 12:45 p.m. in PCR

Middle and Upper School Parents

ACTIVE PARENTING OF TEENS
(*Middle School parents*)

Join Middle School counselor Kevin O'Connor in this six (6) week course meeting one time per week on consecutive Tuesday evenings beginning Tues., October 6 and ending Nov. 10. (The course is limited to 20 Middle School parents and will meet in the Middle School library. Meeting dates are: 10/6; 10/13; 10/20; 10/27; 11/3; 11/10.

A *very brief* description follows:

Attend the ***Active Parenting of Teens*** workshop and you'll discover how to:

- Build courage and self-esteem in your teen.
- Help your teen develop responsibility.
- Effectively communicate and avoid communication blocks.
- Increase cooperation.
- Use positive discipline skills that work.
- Work with your teen to prevent or resolve problems, including those relating to drugs and sexuality.

You must register for the Active Parenting course with Kevin O'Connor to participate: call ext. 3631 or email at koconnor@blakeschool.org

See course description in September *Bearometer* or contact Kevin for information.